



6 - Teacher training



8- MLK 10k run

Brief Notes

Phase two of the Main Base road pavement replacement project has begun.

Paving work this week (January 24) will take place on South Carolina Avenue, in front of the NEX Four Seasons store.

We remind you to please be attentive to the directions given by the flagmen and follow safe driving practices when driving through areas under construction.

Your patience throughout this construction work is appreciated.

For further information regarding this paving work, contact ROICC at 252-3469.

Command Connection

The Command Connection Radio Show airs Tuesdays at 5:30 p.m. on 1575 AM Thunder Radio. Email: commandconnections@cfas.navy.mil Call the show during the broadcast to interact with command leadership. On-base: 252-1575. Off-base or cellular, 0956-50-1575.

ESO Note

The Navy College Office is scheduling an ESO workshop for Mar. 8-9, 2005, and all Education Services Officers (ESOs) and Assistant ESOs are invited to attend this training.

The training will take place from 8 a . m . - 4 p . m . at the Community and Education Center (Bldg 155), testing room. Please respond if you are planning to be there, as seats are limited to only 12.

** Note: NCO also offers unit group testing and education briefings upon request. If you have any questions, please call 252-3511.

USO Notes

Eastwood Furniture sale will be at Dragon Crest on Main Base Saturday Jan. 22 and Sunday, Jan. 23.

Please stop by the Nimitz Park USO or the Fleet & Family Support Center to donate items to goodie boxes to be sent to deployed Sailors for Valentine's Day.

Weather

Sunday: Mostly Sunny
H 62° **L** 49°
Monday: Mostly Cloudy
H 64° **L** 53°

DUI Counter:
33 days as of Jan. 20

Schools, CFAS celebrate MLK Jr.'s birthday

JOSN Jeff Johnstone

CFAS Public Affairs

Local Sasebo schools (E.J. King High, Darby and Sasebo Elementary) along with the Fleet Activities Sasebo (CFAS) community, celebrated Dr. Martin Luther King Jr.'s birthday on Friday, Jan. 14.

The students marched from their schools to the Community and Education Center on CFAS for an assembly featuring guest speakers and singing, teaching the children the meaning behind Dr. King's civil rights message.

Students listened intently to the speakers, and participated enthusiastically during the singing.

"We spoke to the kids in order to help them understand a little more about Dr. King and what he stood for," said Dr. Bruce R. Pillow, a guest speaker at the assembly.

According to Pillow, 'What would they say about you' was the theme for the children during the day.

"We emphasized the importance of building a solid foundation for the future at a young age," said Pillow. "Kids can develop a sense of direction at an early age, and this is very important," he added.

The marching, reminiscent of the days when Dr. King led marches in Alabama during the Civil Rights movement, was also important for the children.

"The marching teaches the children unity and solidarity. Marching, as well as singing, prepares you for what can happen and keeps you focused," said Pillow.

Pillow's speech encouraged children to take every opportunity to succeed at their young age.

"Children should work on their merits every day. They should leave a lasting



Special guest speakers lead the crowd during the singing of 'We Shall Overcome' during the assembly for Sasebo area schools at the CFAS Community and Education Center.. The assembly honored the birthday and memory of Dr. Martin Luther King, Jr. (Official U.S. Navy Photo by JOSN Jeff Johnstone)

impression. That's what the theme 'What would they say about you' is all about. Don't just go to school and blend in, go to school and achieve things. Be remembered in a positive way," said Pillow.

"Dr. King's theme was equality; equality in the mind as well as in the physical aspect. If we change the way we think, we can change the way we look at things. If we don't, we'll continue to see things the same way, which can be negative," said Pillow.

"Dr. King wanted us to change the way we see ourselves, therefore changing the way we treat others," he added.

Dr. King's birthday segues into February, which is Black History Month.

Sasebo students can look forward to learning about more heroes of black history's past, such as Harriet Tubman and Frederick Douglas, as well as modern day heroes like Mae Jemison, the first black female astronaut.

"Next month we have an essay contest planned, and we'll be giving away two scholarships. There will also be an expo at the Community and Education Center with a focus on Sickle Cell Anaemia. Sickle Cell is affecting more children now than in previous years," said Pillow.

Dr. Pillow also encourages CFAS single Sailors to attend meetings he hosts each Thursday at 7 p.m. at the chapel to discuss other future activities and events of interest.

Senior enlisted Sailors to to receive advanced education opportunities

Jon Gagne

Naval Education and Training Command Public Affairs

The Naval Education and Training Command (NETC) released guidelines for a new program that is designed to provide advanced education opportunities for senior enlisted personnel in December.

The Advanced Education Voucher (AEV) Program is aimed at superior performers in paygrades E-7 to E-9 who have the potential for continued upward mobility, and specifically targets assistance for post secondary, Navy-relevant degree programs. The program, which is part of the recently announced Professional Military Education Continuum, supports baccalaureate and master's degree completion in designated areas of study through off-duty education.

Senior enlisted personnel who are currently enrolled in a qualifying post-secondary degree program using tuition assistance, or other financial assistance

programs, are eligible to apply under the program.

NETC Force Master Chief (FORCM) Michael J. McCalip urged senior enlisted personnel to take advantage of this program to further their education.

"This is a great opportunity for highly motivated worldwide-assignable senior enlisted professionals who have an interest in completing a secondary degree program that is specifically related to their Navy careers," said McCalip. "The Voucher program not only covers 100 percent of the cost of tuition, but most books and related fees. That equates to an advanced college degree at almost no cost to the student."

AEV for baccalaureate degree completion is capped at \$6,700 per year for a maximum of 36 months from the date of enrollment. Total program cost per student is limited to \$20,000. Qualified candidates should have an associate's degree or the equivalent amount of college

credit applicable to the degree being sought.

Fiscal year (FY) 2005 areas of study open for baccalaureate degree applicants include: human resources; human performance system integration; systems engineering and analysis; leadership and management; civil engineering; engineering propulsion systems; industrial management; information technology; nursing; accounting and finances; and electrical engineering technology. There are 25 quota slots available for the FY05 selection board.

The AEV master's degree program covers 100 percent of tuition, books, and related fees up to a maximum of \$20,000 per year for up to 24 months of enrollment, with the total program cost per individual capped at \$40,000. Candidates must hold a baccalaureate degree from an accredited institution recognized by the Department of Education.

Please see...**Education**, Pg. 3

Safety Corner: Cell phones may be hazardous, slips and falls

Charles Carr
CFAS Safety Department

The following article was taken from an OSHA monthly newsletter. Since there are so many cell phones in use in Sasebo, this article is well worth reading.

With the incredible growth of wireless communication over the past few years, the number of people using cell phones on a regular basis has simply proliferated. It is becoming commonplace to see people talking on cell phones in their cars, in the supermarket and shopping at the mall. It seems as though “everyone has one.”

More recently, concerns have been raised about exposure to the radio frequency radiation that is inherent to cell phones.

People are asking “is radio frequency radiation (RF radiation) harmful?” Studies

conducted specifically focused on determining if there was a correlation between a person’s exposure to RF radiation and the development of brain cancer, lymphomas or leukemia. The study concluded that there was no correlation. One reason is that the energy level is low. Another reason is that people are not using a cell phone for hours at a time: exposure is usually measured in minutes.

issues raised, the industry had studies done to prove that there was no such health hazard associated with using cell phones.

After several health hazard studies by groups including the Food and Drug Administration, no relationship was found between brain cancer and the use of cell phones.

In conclusion, at this point it appears that using a cell phone is not hazardous to your health.

Cell phone usage while driving a vehicle on CFAS is prohibited, as well as against Japanese traffic laws. Also, hands-free cell phone devices are also prohibited on CFAS.

“Cell phone usage while driving a vehicle on CFAS is prohibited, as well as against Japanese traffic law.”

Charles Carr, CFAS Safety Department

Slips, Trips, and Falls

Here we are talking about plain, ordinary, run of the mill, it happens all the time, it’s a fact of Life, and no big deal when one slips, trips, and falls. NOT!

All slips, trips, and falls are potentially very serious and all slips, trips and falls are preventable through adherence to safety policies, common sense, and awareness of your immediate environment. The most common occupational accident is actually the easiest to prevent.

Some common sense rules include walking and not running, maintaining a clear line of vision particularly when carrying a large object, using hand rails, keeping your work area clean of debris, wearing the proper work shoes and boots and making sure they are laced or buckled, paying attention to what you are doing and be aware of what is going on around you cleaning up spills—liquids are slippery, firmly setting your ladder and ensure the rungs are clean, not engaging in horseplay and ensuring you have adequate lighting.

The list can go on and on, but in the final analysis, it is up to you to prevent slips, trips, and falls.

Customers consistently save money at Navy Exchange

Kristine M. Sturkie
NEX Service Command Public Affairs

The latest Navy Exchange Service Command (NEXCOM) pricing survey, as reported in December, showed that customers continue to save 21.2 percent on the products they purchase from the Navy Exchange.

When sales tax savings are factored in, customers save an overall average of 25.9 percent.

“Our latest survey shows that we are consistently saving our customers over 20 percent when they shop at their Navy Exchange,” said Rear Adm. Robert E. Cowley III, NEXCOM’s commander. “For a typical family of four that spends \$1,500 a year at the Navy Exchange, that’s nearly \$500 of additional savings in their pocket. That’s significant when every dollar matters.”

To determine the savings amount, QRS

Corporation, the independent research firm that conducted the survey, once again compared the prices on a variety of products in eight regions throughout the United States. The savings found in Bethesda, Md., were 22.95 percent; Everett, Wash., were 20.26 percent; Great Lakes, Ill., were 23.21 percent;



Jacksonville, Fla., were 19.44 percent; Norfolk, Va., were 19.41 percent; Pearl Harbor were 22.93 percent; Pensacola, Fla., were 21.24 percent; and San Diego

were 20.81 percent.

Navy Exchange prices on approximately 350 items were compared to those of major retailers like Wal-Mart, K-Mart, Circuit City, Target, Home Depot, Dillards, Sears, Eckerd, Barnes and Noble, and Office Max.

In each of the 34 departments shopped throughout the stores, the Navy Exchange continues to save customers money.

“Saving our customers money and providing for their quality of life is the reason the Navy Exchange exists,” said Cowley. “We want to build a relationship with our customers so they will become our customers for life. To do that, we know that we must have the right products on the shelf, at the right quality and the right price. I think we are well on our way to doing just that.”

Personnelmen and Disbursing Clerks become Personnel Specialists

Lt. Kyle Raines
Chief of Naval Personnel Public Affairs

As part of its Human Capital Strategy, the Navy announced plans in January to merge the Personnelman(PN) and Disbursing Clerk(DK) ratings into a new rating; Personnel Specialist (PS).

This merger will be automatic for PN and DK -rated Sailors, occurring Oct. 1.

This merger further aligns the rating with civilian personnel and pay professions and more appropriately captures the 21st century roles and responsibilities of Sailors with these unique skills,” said Master Chief Yeoman (SW/AW) Michael Harris, enlisted community manager of the PN rating.

Current and planned advances in shipboard pay and personnel practices

and technology have created efficiencies that led to consolidating the two ratings, personnel officials noted.

The merger will allow all aspects of pay and personnel services aboard fleet units and numerous shore stations to be performed by the new PS rating.



The current PN rating badge of crossed manual and quill will be worn by all Personnel Specialists once the merger is complete.

Sailors in the DK rating must switch to

the Personnel Specialist rating badge by Oct. 1.

Those DKs who will transfer to the fleet reserve or retired list by Sept. 30, 2007 have the option of retaining the DK rating badge.

Selective reenlistment bonus and special duty assignment pay for applicable Personnelmen and Disbursing Clerks will continue to be paid after conversion to personnel specialist is complete.

For more information, including exam and Chief Petty Officer board schedules, please see NAVADMIN 295/04, which will be available soon on the Web at <www.bupers.navy.mil/navadmin>.

CAPT. MICHAEL L. JAMES
COMMANDER
FLEET ACTIVITIES SASEBO
252-3444

CMDR. BERNARD P. WANG
CHIEF STAFF OFFICER
FLEET ACTIVITIES SASEBO
252-3444

CHARLES T. HOWARD
CFAS PUBLIC AFFAIRS OFFICER
252-3029
charles.t.howard@sasebo.navy.mil

JO1(SW) RON INMAN
EDITOR, SASEBO SOUNDINGS
252-3485
ronald.inman@sasebo.navy.mil

JOSN JEFF JOHNSTONE
STAFF WRITER/EDITORIAL ASSISTANT
252-3409

LARA DEGUZMAN
STAFF WRITER

CTF 76 PUBLIC AFFAIRS
LT. ED SISK
JO2 JAMES KIMBER
252-2810

FLEET IMAGING
PH1 (SW) PAUL PHELPS
PH3 IAN W. ANDERSON
PH3(AW) YESENIA ROSAS
PHAN MARVIN E. THOMPSON, JR.
252-3559

The *Sasebo Soundings* is a weekly publication of Fleet Activities, Sasebo, Japan. It is published according to the rules and regulations for station newspapers and under the direction of the Public Affairs Officer.

Opinions expressed herein are not necessarily those of the command, the Department of the Navy or the Department of Defense.

The appearance of advertising in this newspaper does not constitute endorsement by the Department of the Navy or CFAS or the publisher of the products and services advertised.

This paper is funded by appropriated funds. The distribution of 2,000 copies is printed by Minato Printing Co., Ltd., Sasebo City, Japan.

All items for submission must be brought into the *Sasebo Soundings* office in PW 80 or sent by guardmail or MPS, or emailed to soundings@sasebo.navy.mil. The Public Affairs Office, as permitted by the Commanding Officer, reserves the right to edit, omit or change any part of the submission to fit the style of the paper.

Deadline for regular submission is Tuesday at Noon. For more information, call 252-3409 or 252-3485. Address all correspondence to:

Sasebo Soundings
PSC 476 Box 93
FPO AP 96322-1100

Conflict hits close to home for Harpers Ferry Sailor

JO2 (SW) Alicia Boatwright
USS Harpers Ferry Public Affairs

Boatswain’s Mate Third Class Rose Barbour has experienced Operation Iraqi Freedom from two aspects. As a crewmember on board USS Harpers Ferry (LSD 49), currently deployed to the Arabian Gulf, she is actively participating in the peace efforts. After learning that her brother, Marine Lance Corporal Jason Bell, received minor injuries while fighting in Fallujah, Barbour

now understands that the role military personnel ashore are playing is dangerous, but important. Growing up in a military family, Barbour’s father was in the Army and stepfather in the Air Force, and she and her younger brother entered the military only six months apart from each other. “It was just something we both wanted to do,” she said. Coincidentally enough, Bell’s company, based out of Camp Pendleton, California, was

*Please see **Harpers Ferry**...Pg. 6*

Education...from Pg. 1

Areas of study open to master’s degree applicants include: emergency and disaster management; human resources; project management; engineering and technology; information technology; systems engineering and analysis; homeland defense and security; leadership and management; business administration; and education and training management. Five quota slots are available through the FY05 selection board.

Applicants should be transferring to, or be already on shore duty with sufficient time left to complete the program. Participants must agree to remain on active duty for a minimum period of two years or a period equal to three times the number of months of education to a maximum of three years (whichever is greater) after completion or withdrawal from the program. Failure to complete the additional

active-duty time will require reimbursement to the government for the costs associated with the advanced education received. Upon completion, participants will serve one tour in a worldwide-assignable billet.

The Master Chief Petty Officer of the Navy will convene the AEV Program selection board in May 2005, and program selectees will be expected to enroll in studies no later than September 2005.

Deadline for applying for FY05 programs is March 10, 2005. Applications should be forwarded to the Naval Education and Training Professional Development and Technology Center (Code N2), 6490 Saufley Field Road, Pensacola, FL, 32509-5237. See NAVADMIN 291/04 for specific requirements and application guidelines.

Take control of your Navy career with continued education

FLTCM(AW/SW) Jon R. Thompson
Atlantic Fleet Master Chief

There is a common frustration Sailors in the fleet lament over. Hard charging, motivated Sailors, much like you, wonder what more can be done to advance in pay grade. You’ve volunteered for challenging duty assignments, earned warfare qualifications, performed community volunteer work and checked all the blocks necessary for advancement in a competitive environment. Yet, when the Navywide exam results are unveiled, many of you still feel like your career is in someone else’s hands.

It seems no matter what you do, it’s easy to believe your efforts are for naught, and that your fate ultimately lies in the hands of someone else — your supervisor, your Chief, your Division Officer, the Selection Board, etc.

Shipmates, I understand your frustration. I believe what you’re asking for is some measure or yardstick that can adequately pinpoint where you stand amongst your peers, a sort of gauge that definitively tells you where you are, and where you need to go.

Fortunately, there already is such a system. It’s called the Five Vector Model (5VM). If you haven’t logged onto Navy Knowledge Online (NKO), and reviewed your 5VM, you’re behind the power curve. The way to make your little dot move to the right, making you more competitive for advancement, is to complete the coursework identified.

The CNO’s Revolution in Training indicates the 5VM and NKO provide your roadmap. Increasingly, continuing education will be the gateway to your future Navy career opportunities and advancement.

In the past, a Sailor’s progression up the ranks wasn’t specifically tied to an educational requirement outside of the Navy’s own military knowledge and performance criteria.

It wasn’t that long ago that a Sailor could enter the Navy with a high school diploma or a GED and still rise to the CPO ranks, even becoming a Command Master Chief. That’s not to say these folks don’t have the managerial skills and know-how to do the job; they do,

otherwise they wouldn’t be qualified for the position. Here’s the bigger question. When they departed the Navy and wanted to be competitive in the civilian business community, how competitive were they?

Shipmates, I could tell you story after story about Chiefs who departed the Navy and found themselves unprepared for life after the Navy. Education is the key, and the Navy recognizes the vast benefits of formal education in the enlisted ranks. Our Navy will soon insist you progress academically and we’re going to ensure you have the time and tools to do so more than ever before.

Recently the Navy announced the creation of a Professional Military Education (PME) Continuum. Incorporated into the 5VM for all Sailors, officer and enlisted, the PME is organized around significant phases of an individual’s career and integrates a combination of advanced (post secondary school level) education, Navy-specific and Joint professional military education, and leadership development. To top it off, most of these courses count as college credit.

One of the most significant changes coming down the road is the requirement for degrees for advancement into the senior enlisted ranks. By 2009, all E-7’s competing for E-8 will need to have at least an Associates Degree, and by 2013 anyone competing for E-9 will be required to have a Bachelor’s Degree. Not only do you as a person benefit from attaining a degree, but so does the Navy. It’s well known that people who have experienced college learning are more apt to grasp new concepts and can more easily acquire new skills.

Shipmates, off-duty education matters now more than ever. By paying close attention to your 5VM and starting your coursework today, you can get a head start on your peers. Waiting until 2008 to begin your education is too late.

Tomorrow’s Navy will be staffed by Sailors who will not only operate some of the most sophisticated equipment in the world, but also by Sailors who will be able to compete in the civilian community when they depart the Navy, whether after a single enlistment or after a 20-year career.

Profile: Master-At-Arms



CFAS Security Patrol Division

Hometown...Leesville, La.

What is your favorite thing about Sasebo?

My friends

What hobbies do you have?

Playing video games, hanging out with friends

Who do you consider to be your role model?

My mother. She is everything I hope I can be.

What are your personal goals?

Improving at my job, graduating college and making rank

What motivates you?

My family

What do people not know about you?

I love Japanese animation

What is the one thing you can't stand?

People who are always late

What is your most embarrassing moment?

I forgot my lines in a play I was in. I made something up.

What is your favorite movie?

Anything Monty Python

If you could have dinner with three people, living or dead, who would they be?

Jesus, Cleopatra and my Great Grandmother

If you could bring one thing with you on a deserted island, what would it be?

A pen and a notebook, so I won’t go insane

Panel of top master chiefs discuss human capital strategy

Master Chief Petty Officer of the Navy (MCPON) Public Affairs

A panel of Force and Chief of Naval Operations (CNO)-directed master chiefs spoke to members of the Surface Navy Association about Human Capital Strategy (HCS) from an enlisted perspective at the 17th Annual National Symposium in Crystal City, Va., Jan. 13. Topics ranged from senior enlisted education programs and computer-based training, to compensation of Sailors who hold advanced degrees, to manning structure aboard future platforms.

Force Master Chief (SW/AW) Karen O'Connor, Naval Surface Forces, U.S. Pacific Fleet, spoke about what may be one of the most common HCS programs in the Navy, and how the success of the Perform to Serve program has allowed the Navy to completely fill needs in the Master-at-Arms rating, and fill significant gaps in the Hospital Corpsman and Information Systems Technician ratings.

"As we look at future rating mergers and manpower changes, it will continue to be a valuable force-shaping tool," said O'Connor.

She says feedback from the fleet has been a strong contributor to many of the HCS programs and was one of the most important motivations for creating the Basic Engineering Common Core Program that was recently instituted in Great Lakes for all engineering ratings.

"One of the most common things we were hearing from Sailors in the fleet was by the time they got out to the ships, they weren't working on the systems they trained on, or the technology had changed," said O'Connor.

The program resulted in the elimination of new recruits coming to the fleet as undesignated firemen, but has given more technical ratings the flexibility of requiring

additional training if necessary.

The panel also discussed changes in future training opportunities for senior enlisted members by expanding the Senior Enlisted Academy to accommodate more students, as well as expanding its distance-learning program.

"There are some revolutionary steps we've taken recently on the personal and professional development of our senior enlisted force," said CNO-directed Command Master Chief (CMC) (SS/AW/SW) Sean McGurk, executive assistant to the Master Chief Petty

U.S. 7th Fleet CMC, said that traditional schoolhouse training might not always be the right method that the Navy will use to train Sailors.

Smith said that when the Navy looks at the future platforms such as LCS and DD(X) and how to deliver the necessary education, the focus is on more computer-based training and distance learning, which will allow Sailors to get the training right when they need it and not when it's most convenient for the Navy to send them to the necessary schools.

The training can then be tailored to the

the Navy is currently working on, on ships such as USS Decatur (DDG 73), which may provide a model for leadership roles on future platforms, according to O'Connor. The program on Decatur involves "blurring the lines" between traditional roles of officers and senior enlisted leadership.

"If we have a master chief with 22 years of experience and a college degree and compare him to an ensign who doesn't have that same experience - I think we need to take a step back and take a look at that, and figure out how we can leverage the advantage of the senior enlisted."

On the topic of advanced education, the panel was asked how the Navy plans on retaining Sailors who are recruited with advanced degrees and fill highly technical billets during their first tours, when they can move over to a civilian job and make considerably more money.

The panel agreed that the subject of paying Sailors based on skills rather than pay grade or time in service is something that needs to be considered.

"We're not competing against the Army and Marine Corps, we're competing with corporate technology," said O'Connor.

After speaking about the continued growth and development of the enlisted force, Smith and McGurk concluded by emphasizing the importance of individual Sailors to recognize they are Sailors first.

No matter their rating, much of the training Sailors receive as recruits is still important throughout their career

"As Sailors, we know that so much of the training we receive takes place out on our ships - on the deckplates," said McGurk. "We as leaders have to make sure to emphasize what's most important to our Sailors."

"There are some revolutionary steps we've taken recently on the personal and professional development of our senior enlisted force."

CNO-directed Command Master Chief (CMC) (SS/AW/SW) Sean McGurk, executive assistant to the Master Chief Petty Officer of the Navy

Officer of the Navy.

McGurk spoke about the recent NAVADMIN outlining the advanced education voucher program, which will select 25 chief petty officers, E-7 to E-9, to obtain their bachelor's degrees on a voluntary education basis.

"As we demand more for our leaders, we need to make sure the infrastructure is in place to make that possible," said McGurk.

He said advanced education is not limited to the senior enlisted force, and there are Sailors currently receiving certificates from the Naval Postgraduate School in ratings such as Information Systems Technician.

CNO-directed Command Master Chief (SW) Ashley Smith,

Sailors' needs, as well as their current knowledge base, which also saves training hours and allows them to utilize their new skills more quickly.

"We're looking at how we develop the skill set that best matches the needs of the individual platform that's going to deliver the capability," said McGurk. "So we have to develop the processes that will allow the individual-whether it's through formal schooling or distance learning-to develop the necessary skill sets, while also understanding that a lot of our leadership requirements and leadership experience is only gained by putting individuals aboard ship in working conditions on a daily basis."

The type of leadership that will be provided on some platforms is something

USS Essex recieves orders to Indonesia, relieves Bonhomme Richard

USS Essex (LHD 2) Public Affairs

After four months in the Persian Gulf, the amphibious assault ship USS Essex (LHD 2) received orders Jan. 10 to move to the Indonesia area to assist in humanitarian efforts.

The Deployment Order tasks Essex with providing support and aid to the victims of the Dec. 26 tsunami as part of Operation Unified Assistance.

According to Essex' Commanding Officer, Capt. J. M. van Tol, the crew is looking forward to the new challenge.

"I expect that Essex will take her new mission in stride," he said. "It actually may be a welcome, if brief, change from the operations of the past several months. I hope we may do some useful work to help afflicted people in the region."

During the transit out of the Persian Gulf, Essex anchored out of Bahrain to pick up four MH-53E Sea Dragon heavy-lifting helicopters from Helicopter Mine Countermeasures Squadron (HM) 15 "Blackhawks", aviation support gear, parts and stores to be used while supporting Operation Unified Assistance.

Essex Combat Cargo Officer, Chief Warrant Officer 2 Joel Carpenter, said that more than 200 pallets were brought over via helo, and eleven 20 foot-by-8 foot steel 'conex' boxes were loaded on Essex using a crane

contracted out of Bahrain.

"It was an 18-hour evolution getting everything necessary on board, and the Essex crew did an incredible job in making it all happen," he said.

There are many advantages to moving the ship from the Gulf to Indonesia in support of the humanitarian relief efforts. Although Essex serves primarily as an amphibious assault ship, embarking more than 1,800 Marines, the ship's secondary mission is to provide high-level hospital care.

"Essex offers skilled medical care, water-generation capability, mobile helicopter basing, specialized skills, such as those of MRs (Machinery Repairmen) and HTs (Hull Technicians), and a large crew potentially available for various taskings," stated van Tol.

The USS Essex (LHD 2) also relieved USS Bonhomme Richard (LHD 6) on station Jan. 18 off the coast of Sumatra, Indonesia.

The ship will support the humanitarian assistance/disaster relief mission that's assisting victims of the Dec. 26 tsunami. Essex was redirected from U.S. Central Command's area of operations and will remain off the coast of Sumatra, Indonesia, until the humanitarian assistance mission is complete.

Essex became part of Combined Support Force-536 (CSF-536), which is commanded by Lt. Gen. Robert R.

Blackman in Utapao, Thailand.

Essex is the Navy's only forward deployed amphibious helicopter carrier equipped with four MH-53 heavy lift helicopters, two MH-60 helicopters and two Landing Craft Air Cushion (hovercraft). The capabilities of the ship are ideally suited to meet the current needs of the relief effort, allowing for quick access to remote areas and the ability to move cargo from the coastal areas with helicopters and amphibious craft. Additionally, Essex is well equipped to carry out its secondary mission of providing high-level hospital care if needed.

CSF-536 will remain actively engaged in the relief effort, providing support as requested by host nations. However, according to plan, relief efforts continue with numerous government and non-government organizations beginning to take control of many of the relief efforts in the region.



Country music is always 'in style' so put on 'yer boots and head on down to the Harbor View Club for some great foot-stompin' country music with Nate Pearce and his Country Band on Tuesday, Jan. 25. The free performance is scheduled to begin at 8 p.m. Enjoy dinner at the famous Oriental Garden Restaurant, then move on over to the Sakata Room and enjoy the show. For more information, call 252-3965.

All SOFA-sponsored personnel 18 years and above are invited to participate in a free Team Bowling Tournament, sponsored by the Fleet Fitness Center, on Saturday, Jan. 29 at 1 p.m. at the Spare Time Recreation Center. Teams must be entered by Wednesday, Jan. 26 at the Fleet Fitness Center. A representative from each four-member team must attend a mandatory information meeting at the Fleet Fitness Center on Thursday, Jan. 27 at 5:30 p.m. For more information, call 252-3588.

Pre-Teens (10-12) who were born during the month of January can celebrate their birthday with friends at either the Main Base or Hario Pre-Teen Center on Saturday, Jan. 29, from 5 to 7 p.m. Free cake and ice cream will be served. For more information, call 252-2908 or 252-8968. Teenagers who were born during the month of January can celebrate their birthday with friends at either the Main Base or Hario Teen Center on Saturday, Jan. 29 from 5 to 7 p.m. Free cake and ice cream will be served. For more information, call 252-3797 or 252-8966.

All SOFA-sponsored spouses are invited to join a newly

formed Spouse Bowling League at the Spare Time Recreation Center every Wednesday morning from 10 a.m. until noon starting Wednesday, Mar. 2. Sign-ups for the 8-week league will be accepted beginning Monday, Feb. 14. The cost, including 3 games of bowling and shoe rental, is only \$10 per bowler. The Bowling Center staff will be responsible for all secretarial duties and will administer the league, although a committee of bowling participants will be selected to manage prize distribution and plan and coordinate the league banquet. Parents are welcome to bring along their children during league play. For more information, call 252-3634.

All commands are cordially invited to participate in a new CFAS Bowling League now being organized at the Spare Time Recreation Center. The new league will run for 16 weeks beginning Wednesday, Feb. 9. The first meeting is scheduled for Wednesday, Feb. 2 at the Bowling Center. Interested bowlers are encouraged to attend, as league officials will be elected and by-laws drafted. Cost is only \$10 per week per bowler. In addition to prize awards, the winning team will receive a perpetual trophy. All CFAS area commands are encouraged to participate. Interested bowlers must register to join the CFAS Bowling League at the Spare Time Recreation Center (Bldg. 91) prior to Monday, Jan. 31. For more information, call 252-3634.

People with pets may want to make a note of the new hours of operation for the Paws & Claws facility. The new hours are Monday-Friday, 10 a.m. to 5 p.m. and Saturday and Sunday from 10 a.m. to 4 p.m. For specific holiday hours, please call 252-2905.

Mardi Gras means beads, masks, costumes, delicious food, carnival games, beverages, contests, dancing, street acts, lucky drawings and more. These are just some of the fun things you'll find inside the Hario Village Gymnasium on Saturday, Feb. 5 from 2 to 6 p.m. Admission is free, so bring the whole family. For more information, call 252-3500.

Base Historian

Some of you may be wondering 'Why in the world is there a Dutch theme park near Sasebo? That's a fair question, and the answer lies in the history of Nagasaki and of one man's love for the environment.

During the period of Japan's self-imposed isolation from the rest of the world, the small man-made island of Dejima was this nation's only doorway to other cultures for nearly 200 years. The Dutch settlers who lived and worked on Dejima, located in Nagasaki harbor, introduced new concepts such as science, navigation and medicine to the Japanese.

It was a topic that long fascinated Mr. Yoshikuni Kamichika, a local businessman from Seihi. His interest in the Netherlands, especially its history of environmentally friendly policies, led to the creation of Bio Park and the old Holland Village.

Holland Village began as a restaurant, and eventually expanded into what appeared to be a small Dutch town setting. The success of Holland Village gave Mr. Kamichika the idea to build an even bigger and better attraction: a resort combining the beauty of the local area with Dutch environmental engineering.

The land that Huis ten Bosch occupies had been set aside for an industrial park project that never materialized. It was previously the site of an Imperial Navy training base that became a repatriation center after the end of the Pacific War.






Four Dutch experts in urban planning and architecture joined the project to help ensure the resort's authenticity. European artwork, antiques, linen and furnishings were purchased and brought here; a lot of what you see is the 'real deal'. And let's not forget the bricks. approximately 20 million bricks were imported from the Netherlands and used to create the buildings and sidewalks.

The 380-acre Huis ten Bosch resort opened in March 1992 at a cost of \$2.6 billion. Some of the 500 structures located throughout the park are almost exact copies of actual buildings in Holland, at least from an outward appearance. Huis ten Bosch features several attractions, museums, shops and restaurants. It also has its own water desalination plant and recycles most of the water used by visitors and hotel guests for other purposes.

During the 1994 drought, as Sasebo residents suffered through eight months of water rationing, Huis ten Bosch was able to make its own drinking water, but guests were urged to conserve.

Huis ten Bosch was intended to become much more than a resort or theme park. Mr. Kamichika expected Huis ten Bosch to evolve into a fully functioning town within 10 years, with its own fire department, police station, post office and small medical staff. In fact, Mr. Kamichika envisioned several towns just like Huis ten Bosch built along the shoreline of Omura Bay, each within a 10-minute boat ride from the other. Sadly, this idea was abandoned when Japan's economy took a downward turn.

Although Huis ten Bosch has had its share of financial difficulties over the years, it remains today a living testament of one local man's vision to promote the beauty of Nagasaki Prefecture with its unique history.

<div>  <h1>Schedule for January 21-30</h1> <h2>SHOWBOAT THEATER</h2> <p>TELEPHONE: 252-3822</p> </div>										
FRIDAY, JANUARY 21	SATURDAY, JANUARY 22	SUNDAY, JANUARY 23	MONDAY, JANUARY 24	TUESDAY, JANUARY 25	WEDNESDAY, JANUARY 26	THURSDAY, JANUARY 27	FRIDAY, JANUARY 28	SATURDAY, JANUARY 29	SUNDAY, JANUARY 30	
5 p.m. (R) The Incredibles 7:30 p.m. (R) *Blade: Trinity 10 p.m. (R) *Alexander	2 p.m. (R) Shark Tale 5 p.m. (R) (R) Meet the Fockers 7:30 p.m. (R) Blade: Trinity 10 p.m. (R) Alexander	2 p.m. (R) The Polar Express 5:30 p.m. (R) National Treasure 8:30 p.m. (R) Blade: Trinity	6 p.m. (R) Seed of Chucky 8:30 p.m. (R) (R) Phantom of the Opera 	6 p.m. (R) Fat Albert 8:30 p.m. (R) Bridget Jones: The Edge of Reason 	6 p.m. (R) (R) After the Sunset 8:30 p.m. (R) *Alexander	6 p.m. (R) (R) Meet the Fockers 8:30 p.m. (R) Blade: Trinity	5 p.m. (R) National Treasure 7 p.m. (R) (R) *The Flight of the Phoenix 9:30 p.m. (R) (R) Ocean's Twelve	2 p.m. (R) Shark Tale 5 p.m. (R) (R) The Flight of the Phoenix 7:30 p.m. (R) Blade: Trinity 10 p.m. (R) (R) Phantom of the Opera	2 p.m. (R) Christmas with the Kranks 5:30 p.m. (R) (R) Ocean's Twelve 8:30 p.m. (R) (R) The Flight of the Phoenix	
<h1>HARIO VILLAGE THEATER</h1> <p>TELEPHONE: 252-8753</p>										
FRIDAY, JANUARY 21	SATURDAY, JANUARY 22	SUNDAY, JANUARY 23	MONDAY, JANUARY 24	TUESDAY, JANUARY 25	WEDNESDAY, JANUARY 26	THURSDAY, JANUARY 27	FRIDAY, JANUARY 28	SATURDAY, JANUARY 29	SUNDAY, JANUARY 30	
6:30 p.m. (R) Christmas with the Kranks 9 p.m. (R) (R) Phantom of the Opera	2 p.m. (R) The SpongeBob SquarePants Movie 6:30 p.m. (R) (R) After the Sunset 9 p.m. (R) (R) Phantom of the Opera	2 p.m. (R) Shark Tale 6:30 p.m. (R) (R) Phantom of the Opera	NO MOVIES SCHEDULED *a Premiere	NO MOVIES SCHEDULED	NO MOVIES SCHEDULED 	6:30 p.m. (R) Alexander NO scooters, skates, skateboards, rollers or bicycles allowed in Theater. NO OUTSIDE FOOD OR BEVERAGES.	6:30 p.m. (R) Shark Tale 9 p.m. (R) Blade: Trinity	2 p.m. (R) National Treasure 6:30 p.m. (R) (R) Meet the Fockers 9 p.m. (R) Alexander	2 p.m. (R) The SpongeBob SquarePants Movie 6:30 p.m. (R) Bridget Jones: The Edge of Reason	
BLADE: TRINITY (R) Starring: Wesley Snipes, Keri Kneffman, Ryan Reynolds, Jessica Biel and Parker Posey For years Blade has fought against the vampires in the cover of the night. The world above is unaware of the brutal ongoing war. But now, after being into the crosshairs of the FBI, he is forced out into the daylight where he is drawn to join forces with a clan of human vampire hunters he never knew existed - the Nightstalkers. Together with Angel and Hannibal (two highly trained Nightstalkers), Blade follows a trail of blood to an ancient creature that is hunting him...			BRIDGET JONES: THE EDGE OF REASON (R) Starring: Renée Zellweger, Colin Firth, Hugh Grant, Jemma Donnelly and Jim Broadbent We find Bridget where we left her: blissful and besotted in the arms of gorgeous lawyer Mark Darcy. Mark is accomplished, supportive and tolerant of all of Bridget's tiny insecurities. With the entry of a leggy threat, Bridget's pink clouds begin to turn gray as her attacks of self-doubt test their relationship. And just when it seems it couldn't get worse (Bridget's former boss) headthrob Daniel Cleaver sails into view.			PHANTOM OF THE OPERA (PG-13) Starring: Gerard Butler, Emmy Rossum, Patrick Wilson, Mena Suvari and Miranda Richardson This romantic musical epic is about a mysterious masked figure who roams the underground of 16th century Paris, cementing his activity around the Opera Populaire, where he tutors a beautiful young soprano (Christine) who goes on to upstage the city's most famous opera singer, Carlotta.				
ALEXANDER (R) Starring: Colin Farrell, Rosario Dawson, Anthony Hopkins, Angelina Jolie and Val Kilmer Alexander the Great was a relentless conqueror who had amassed the greatest empire the world had ever seen. Past and present collide to form the puzzle of the ancient childhood memories and Alexander's rise to power unfold side by side with the latter day expansion of his empire, its gradual decline, and ultimate downfall. The film chronicles Alexander's journey to become a living legend.			<div> <h2>Premiere Feature</h2> <p>THE FLIGHT OF THE PHOENIX • PG-13 Dennis Quaid, Giovanni Ribisi, Miranda Otto, Hugh Laurie and Jared Padalecki When a C-119 cargo plane (full of oil workers) crashes in Mongolia's Gobi Desert, the survivors attempt to build a new plane from the parts they find in the wreckage to escape. The plane was piloted by Captain Frank Towne, whose job it was to go to remote strips and shut them down when their productivity has decreased. Having accomplished his job with one such trip, his plane crashes with all of the employees aboard on the way back to Beijing.</p> </div> <div>  <p>FLIGHT OF THE PHOENIX THIS CHRISTMAS, ACTION TAKES OFF.</p> </div>							

ONE FREE MOVIE!
with the new MWR

CINE-PASS

Receive one stamp for each movie admission. Collect 7 stamps, your 8th movie is FREE!

ON SALE NOW!

Cine-Pass
available for purchase at:
- Stratford Theater
- Harle Theater
- Travel & Tours Office

For more information
call 552-2888

Great Gift Giving Idea!

Parents: Make school involvement a top priority

Amy Brennan
E. J. King Correspondant

Finals week for the first semester will begin on Monday, Jan. 24, with report cards being mailed home the next week, and hopefully there will not be many surprises for parents or students. With a new semester starting on Monday Jan. 31, many students will have a clean slate in their classes, and students, teachers and parents should work together to get everyone off on the right foot.

Throughout the school year, teachers are willing to provide grade reports, have parent-teacher or student-teacher conferences, work with students one-on-one during seminar, and provide feedback to any parent or student who expresses interest or concern in the student's grade. There is also a homework club available on Mondays, Tuesdays, and Thursdays if more

one-on-one work time is desired. Also on the team are King's guidance counselors, Ms. Steele and Mr. Victoria, who are available if a student is having problems in or out of the classroom. The basic pressures of being a teenager can be incredibly distracting, and the counselors can make sure that students are managing all of their "growing pains" effectively.

Parents should not only be involved in their child's academic life, but should show interest in their son or daughter's extracurricular life as well. Many parents feel like they are constantly running their son or daughter to this or that practice, game, club, or event, but instead of it being a burden, parents can turn it into a positive experience. Parents can find out if a club needs an extra volunteer, when the game starts, or if the student council dance needs an extra chaperone. Even though some students don't act like it, deep-down (perhaps very deep-down) most enjoy seeing their parents in the

stands at sports events and in the audience at performances. Parental involvement sends a strong message that parents care about their child's life, classmates, and activities. Also, knowing about a child's daily life helps open the doors of communication and gives families something to talk about at the end of the day.

Parents also have a number of opportunities to be involved with the school as a whole. E. J. King is happy to have parent volunteers, new members for the parent-teacher organization (PTO), chaperones for events and fieldtrips, guest speakers, and substitute teachers. Paperwork or qualifications may be necessary, but the school office has all of the information you need.

If you would like more information about being involved at E. J. King, or if you would like to contact an individual teacher about your child's performance, please feel free to call the school at 252-3059.

Sasebo Elementary School teachers receive afternoon QAR training

Beth Martin
Sasebo school correspondant

On a recent Wednesday, the students at Sasebo Elementary School (SES) were dismissed early, so they could go home and play. The teachers however, stayed for an afternoon of training.

The training, provided by the SES Literature Facilitator, Susan Szeremet, was just part of the ongoing training teachers receive throughout the year.

One of the things the teachers learned, or in some cases reviewed during the training, was the reading comprehension strategy of Question Answer Relationship (QAR).

The strategy of QAR is designed to help students improve their reading by learning how to question the text as they read. The students learn how to recognize ideas in the text and categorize them as "right there", "author and me" "think and search" and "on

my own."

By learning how to question the text and search for answers in it, the student's reading comprehension increases.

The teachers themselves learned the types of questions and then practiced using different types of books, both fiction and nonfiction.



The Literacy Facilitator at Sasebo Elementary School, teaches Question Answer Relationship reading strategy to a group of her students. (Photo by Beth Martin)

Ms. Szeremet will be conducting a similar workshop for parents of SES students between grades three and six.

The goal of the interactive workshop is to teach the strategy to parents so they may help their children become better readers. The workshop will be on Jan. 27 at 5:30 p.m. in the SES gym. The E.J. King National Honor Society will provide free babysitting.

If you would like to attend please call the school at 252-3600, or let your student's teacher know.

Harpers Ferry...from Pg. 3

called to Iraq about the same time as Harpers Ferry. The brother and sister team are now part of an ever growing legacy of American Military Families who have fought America's wars.

Barbour said she and Bell are both excited to be doing their part in Iraq. "He said he was hoping to get involved in something like this. That's what we joined the military to do," she said. "Of course, I was worried when I found out he was injured, but I know he is doing what he wanted since joining the Marines," she said.

As part of Deck Department, Barbour is involved in numerous evolutions, which includes Underway Replenishments, Well Deck and Flight Operations, and Bridge Watchstanding. She realizes that the experience her brother having with Operation Iraqi Freedom is quite different from hers. "I'm not seeing as much (of the conflict) as he is. His role has more of a direct effect than mine," she said. Still, she thought, both of their roles are important in keeping stability in Iraq.

Barbour said Bell, who received a Purple Heart for his combat duties, will soon rejoin his company once he is recovered from his wounds. She adds that she is proud of what he and thousands of other military personnel are doing in restoring peace in Iraq. "What they are doing can carry a heavy price, but I think it is worth it."

NSPS implementation scheduled to begin next summer

Gerry J. Gilmore
American Forces Press Service

Implementation of the first phase of the Defense Department's new National Security Personnel System (NSPS) is slated for next summer, senior officials said.

The new civilian personnel system is one of Defense Secretary Donald H. Rumsfeld's key initiatives designed to transform DoD operations to better meet twenty-first century needs, said Charles S. Abell, principal deputy under secretary of defense for personnel and readiness, during a Dec. 13 interview at the Pentagon.

The NSPS replaces an outmoded, 50-year-old civilian personnel management system, Abell noted, that had rewarded employees for longevity. NSPS, he said, incorporates a

performance-based pay system in tandem with a restructuring of the civilian work force to better support department missions.

The first grouping, called Spiral One, of NSPS implementation is planned for July 2005, Abell reported. This will affect about 300,000 U.S.-based Army, Navy, Air Force and DoD agency civilian employees and managers. DoD currently has about 700,000 civilian employees.

"That [implementation] date is flexible, because we are not going to implement it until we are ready," he noted.

Officials will be working with installation and unit commanders from now until July, Abell noted, to discuss NSPS training needs and other issues prior to implementation.

Commanders, supervisors and employees "will want to get familiar with the system" between now and July, Abell

pointed out. NSPS Program Executive Mary E. Lacey, who accompanied Abell at the interview, echoed his point.

"Before any work unit goes into the National Security Personnel System," Lacey explained, "senior leadership of the department, as well as their local management, is going to be there with them, making sure that the folks are trained, making sure that they fully understand the intricacies of the system, as well as fully understand what's going to be expected of them."

The NSPS, she said, represents "an incredibly exciting opportunity for the department to move forward in its transformation" of how it uses, manages and trains its civilian personnel.

"I like to say that people are the only appreciating asset in the Department of Defense," Lacey maintained. The National Security Personnel System, she

added, sets the stage so the department "can truly acknowledge and reward" its civilian employees.

It's anticipated that Spiral Two - to comprise most of the remaining employees - will begin around Jan. 2007, Lacey said. But officials note that will happen only after certain certification occurs and criteria are established, based on Spiral One assessments. A third spiral grouping will comprise DoD laboratories should current legislative restrictions be eliminated.

The NSPS implementation, the general said, will enable civilian employees within her command to "see up close and personal the benefits of performance-based pay and contributions being recognized as an important part of the personnel system that they are part of."

For more news from the Department of Defense, go to <www.defenselink.mil>.

Sasebo Soundings
If you want to place an ad,
e-mail
<soundings@sasebo.navy.mil>
or call 252-3485/3409

**Deadline for
submissions is Tuesday
at Noon**



Fleet Gym 252-3588

Hario Gym 252-8691

Runners pound the pavement at MLK 10k race

JOSN Jeff Johnstone
CFAS Public Affairs

The weather was definitely not hot, but it wasn't too cold for members of the Fleet Activities Sasebo (CFAS) community as they took to the streets for the annual Martin Luther King 10K fun run/walk Monday, Jan. 17.



Runners take off to begin the Martin Luther King 10K run at Nimitz Park. (Official U.S. Navy Photo by JOSN Jeff Johnstone)

The race is one of Morale Welfare and Recreation's (MWR) annual fun runs. MWR holds over 20 fun runs annually.

The race began at the Nimitz Park gate and took the participants through the outside of town, across the Albuquerque Bridge and back through the park. The finish line was located adjacent to the USO building in the park.

Branch Dental's Trent Veltkamp took first place honors in the men's division (36:16), with ship repair facility dive locker's Aaron Scrimager following close behind at second place. (36:24).

CFAS Security's Jessica Austin took first place in the women's division (41:18), followed by Dental's Hitomi Okubo (44:05).

Veltkamp and Scrimager kept a steady, side-by-side pace throughout the race, neither runner giving an inch. In the end, it was Veltkamp pulling ahead for an eight second margin of victory.

The next race of the year will be the Groundhog Day 3K run/walk Wednesday, Feb. 2. The runs are a great way to get in shape, gauge your current physical condition, or to train for an upcoming Physical Readiness Test (PRT).



A pair of runners ran a tight race at Monday's Martin Luther King, Jr. 10 K run. The run was one of over 20 of Morale, Welfare and Recreation's annual fun run/walks held annually. (Official U.S. Navy Photo by JOSN Jeff Johnstone)

Fitness Tip: Fuel up and keep warm

Alec Culpepper
Fitness & Aquatics Director

In cold weather, your body expends more energy keeping you warmer than you may realize. To do this, it needs fuel.

Sugar provides quick energy and warmth; complex carbohydrates, proteins and fats provide longer lasting energy and warmth.

Depriving your body of nutrients, (especially sugars) can exacerbate hypothermia, and diabetics need to be particularly attentive to their nutrition in cold weather, as studies have shown they are most predisposed to hypothermia.

Warmth is a by-product of muscle activity.

If you're sitting around shivering in the cold, get up and start moving. Chemical heat packets can be lifesavers.

When activated and placed next to your skin, these items can provide hours of warmth in emergencies.

Upcoming Sports/Events

Team Bowling Tournament:

Saturday, Jan. 29
Entries due on Wednesday, Jan. 26
Tournament will be held at the Spare Time Recreation Center. Bowling will begin at 1 p.m. Mandatory coaches meeting will be held on Thursday, Jan. 27, 5:30pm in the Fleet Gym. Bowling will be free of charge to all participants, 4 bowlers per team.
POC: Mark Haley, 252-3588

Groundhog Day 3K Run/Walk:

Wednesday, Feb. 2
Race starts 11:30 a.m., in front of the USO in Nimitz Park
Pre-register at Fleet Fitness Center. Race day sign-ups always welcomed.
Awards will be given to the top finishers in each division (Youth, & Adult).
POC: Alec Culpepper, 252-2927

4-on-4 Mini Soccer Tourney:

Saturday, Feb. 5
Team entries are due to the Fleet Gym Office by Wednesday, Feb. 2.
Mandatory Coaches Meeting on Thursday, Feb. 3 at 5:30 p.m. in the Fleet Gym.
Play will start at 9 a.m. and awards will go to the top three teams in this double elimination tournament.
POC: Mark Haley, 252-3588

Pound The Ground 6-on-6 Volleyball Tournament:

Sunday, Feb. 13. Team entries due to the Fleet Gym Office by Wednesday, Feb. 9.
Awards to top three teams, and MVP and Sportsmanship Awards. Play will begin at 9 a.m.
POC: Mark Haley, 252-3588

Sasebo Eagles Little League

The Sasebo Eagles Little League is looking for baseball enthusiasts ages 8-12 for competitive play. Participate in culture exchange, overnight stays, and generally good times.

Players can't turn 13 and they have to turn 8 prior to August 2005 to be eligible. Call Dean at 252-8240.



Flag Football Standings (as of Jan. 18, 2005)

Rank	Team	Win	Loss
1	Dragons	15	1
2	Hooligans	7	7
3	Seabees	3	5
4	Guardian	6	3
5	Fort Mac	2	6
6	Wolf Pack	4	5
7	Hitmen	1	11

Winter Basketball Standings (as of Jan. 5, 2005)

Rank	Team	Win	Loss
1	Outlaws	4	3
2	Wolfpack	3	2
3	Showtime	5	3
4	Guardian	0	4

FROM THE BENCH
with hosts
Isaiah Mincks
Dennis Lebling and Dave Glazier
Thursday mornings 8:00 – 9:00